

INTRAMURAL VOLLEYBALL RULES

Rule I -- The Team, Players and Substitutes

Section 1: A team

1. A team shall consist of six players.
2. A team can play with a minimum of four players without forfeit.

Section 2: Choice and Change of Playing Areas

1. For the first game of the match, the choice of serve or playing area shall be decided by a coin toss of the referee.
2. For the second game, the teams shall change serve and playing area.
3. If a third game is necessary, a new coin flip takes place and the teams shall exchange sides upon the first team reaching the score of eight. The third game will be a rally scoring game to 19.

Section 3: Designation and Positions for Players

1. Each team shall designate a playing captain and this is the only player who may communicate with the officials.
2. The position of the players in order of service shall be Right Back, Right Forward, Center Forward, Left Forward, Left Back and Center Back. The team that serves second will begin serving with the player in the Right Front and continue in the same order.
3. All players except for the server shall be within the team's adjacent players front to back or side-to-side at the instant the ball is served.
4. Players on the serving team shall not intentionally screen or obstruct their opponents' views of the server.

Section 4: Substitutes

**** Either of these substitution methods may be implemented during the first game, but only one method may be used for the entire match. You must designate which method you will be using before the match starts.****

Method 1

1. A substitute may enter a game in the position of a teammate of the starting line-up and he/she can only be replaced by that same teammate.
2. A player in the starting lineup may leave a game and re-enter, for their substitute. It is a player-player substitution.

OR

Method 2

1. A team may rotate in a player at one spot of the court (Usually the serving or center back position) during the rotation. Players must maintain the same order when substituting.

Rule II -- Definitions

Section 1: Contacts

1. Simultaneous contacts of the ball are touches of the ball made at the same instant.
2. Successive contacts of the ball are two separate touches of the ball by one player; otherwise known as a "double hit."
3. A block does not count as a hit for either the player or the team.

Section 2: Fouls

1. A foul is a failure to play as permitted by the rules.
2. A double foul occurs when players on opposing teams commit rule infractions at the same instant.
3. A foot fault occurs when a player makes a play while stepping beyond a line which defines an area in which that particular player plays.

Section 3: Hits

1. A legal hit is contact with the ball by any part of a player's body, which does not allow the ball to visibly come to rest momentarily.
2. A legal serve is contact with the ball to initiate play in which the ball is hit by one hand, fist or arm of the server while the ball is held or after it has been tossed into the air by the server.
3. A player may not contact a served ball until it has passed below the top of the net.

Section 4: Replay

1. A replay occurs when a double foul is committed or interference from an outside source obstructs play and neither a side-out nor a point is given.

Rule III -- Scoring

Section 1: Non-scoring Plays

1. A replay shall be declared when:
 - a. an official mistakenly blows his whistle to interrupt play
 - b. a foreign object enters the proximity of the playing areas
 - c. a ball strikes an obstruction over the playing area which is below 23 feet
 - d. the referee determines that a player has been injured
 - e. after a double foul

Section 2: Scoring Plays

1. If a team fails to serve properly, return the ball, or commits any other fault, the opponent wins the rally and scores a point.

Section 3: Termination of the Game

1. A team that has scored 25 points and is at least two points ahead is the winner. If a third game is necessary rally scoring is used and, the team that has scored 19 points and is at least two points ahead is the winner.

Rule IV -- General

Section 1:

1. Failure for a team to appear at the scheduled game time or failure to play when directed by the supervisor shall cause the match to be forfeited. GAME TIME IS FORFEIT TIME!
2. The time period between the games of a match shall be one minute or to the discretion of the official.
3. A match shall consist of a best two out of three games or shall be limited to 50 minutes from the scheduled start of the game.
4. Playoff matches shall consist of a best two out of three games with no time limit.

Section 2: Time Out

1. Time outs should be made by the playing captain only during dead balls.
2. Charged time outs shall not exceed 45 seconds.
3. Each team shall be limited to one time out per game.
4. In case of injury, play shall continue until the referee sounds the whistle or the ball becomes dead.

Section 3: General Play

1. Front line players may hit from any position inside the court.
2. Back line players while positioned behind the 10-foot line may hit the ball from any position inside the court.
3. A back line player may hit the ball while in front of the 10 foot line only when he contacts the ball while it is below the height of the net.
4. A back line player may hit the ball while in front of the 10 foot line while it is above the height of the net only if he jumps from behind the 10 foot line and contacts the ball before he lands.
5. A team shall not play the ball more than three times before it crosses the net to enter the opponent's playing area. Exception: A block is not considered a play on the ball.
6. Simultaneous contact by one player with two or more parts of the body is permitted and is considered one play.
7. Simultaneous contacts of the ball by teammates shall be permitted and considered as one contact. Any player may play the ball again.

Section 4: Net Play

1. A serve contacting the net is a valid serve and must be played.
2. It is a fault to touch any part of the net or the antennas except for incidental contact by a player's hair and insignificant contact by a player not involved in the action of playing the ball.
3. Reaching over the net with the player "breaking" his wrist is permitted during:
 - a) A follow-through of a hit made on the player's own side; or
 - b) Blocking a return (except a serve) to a set traveling parallel to or away from the net, after the opponent has hit the ball to return it.
3. A foot fault at the center line occurs when a player's hands or feet cross all of the way beyond the line into the opposite court or comes in contact with the line and interferes with an opponent's play.
4. Recovering a ball hit into the net is permitted.
5. A ball is across the net when:
 - a) It has passed entirely over the net; or
 - b) It is partly over the net and contacted by an opponent; or
 - c) It is not over the net but is contacted by a blocker
6. When simultaneous contact of the ball is made by opponents, the player on the opposite side of the net from which the ball falls shall be considered the player to have touched the ball last.
7. A ball simultaneously held by opposing players is a double foul and is replayed.

Rule V -- Conduct

- 1st misconduct - yellow card - warning
- 2nd misconduct - red card- point and side out
- 3rd misconduct - red/yellow - ejection

1. No player shall act in an unsportsmanlike manner during a game or between games. This includes any act the official deems poor sportsmanship:
 - a) Use of disconcerting acts or words when an opponent is about to play the ball;
 - b) Derogatory remarks to officials or opponents;
 - c) Questioning or trying to influence the official's decisions;
 - d) Showing disgust with the official's decisions;
 - e) Using insulting languages or gestures; expulsion from game;
 - f) Making any contact with an opponent which is deemed unnecessary and which incites roughness;
 - g) Using any part of a teammate's body or any object to gain physical support for advantage in playing the ball.

Section 2: Conduct of Persons Other than Players

1. Unsportsmanlike conduct by a coach, substitute, or other team attendant shall be charged against the individual and the team will be penalized:
 - Unsportsmanlike conduct includes:
 - a) Entering the court while the ball is in play;

- b) Attempting to influence a decision by an official;
- c) Disrespectfully addressing an official;
- d) Indicating objection to an official's decision;
- e) Using an artificial aid to coach or direct play or mechanical device to get attention;
- f) Holding unauthorized conferences; or
- g) Re-entrance of a disqualified player (red card for the coach and expulsion from the match for the player)

Rule VI -- Enforcement of Rules

Section 1: Players out of Position

1. Out of serving order occurs when there is:
 - a) an out of turn service or
 - b) entry by substitute into a wrong position in the serving order

PENALTY: Side-out shall be awarded as soon as the improper serving order by the serving team is discovered and verified, and any points, known by the official scorer, and scored by that server, shall be canceled.

2. Illegal alignment consists of:
 - a) intentionally screening;
 - b) overlapping by players at the serve; or
 - c) positioning of any player, other than the server, outside the playing is at the serve.
3. A foot fault occurs when:
 - a) the server is not within the serving area or
 - b) the centerline is illegally crossed.

PENALTY: Side-out.

Rule VII -- Co-Rec

Section 1: Rules Applicable to Co-Rec Matches

1. A Co-Rec team shall consist of three male and three female players.
2. A Co-Rec team shall have the following combinations. 3men-3women; 3men-2women; 3women-2men, 2men-2women. These are the only combinations allowed.
3. A Co-Rec team can play with a minimum of four players.
4. If more than one hit is made by a team, one of the hits must be made by a female player. (the opposite is not true.)
5. All other listed volleyball rules shall be applicable to Co-Rec matches.

Protests

Decisions by officials concerning facts are final and not subject to protest. Rule interpretation can be protested. If there is a disagreement with an interpretation of a rule, the captain must call this to the attention of the referee before play continues. The referee should then record the score, areas of server, players and relative positions at the time of the protested play and the game shall proceed. The supervisor should be notified immediately.